

Cardiganshire Education Committee.

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# ANNUAL REPORT

OF THE

SCHOOL MEDICAL OFFICER

FOR THE YEAR 1920.

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By L. MEREDITH DAVIES,

M.A., M.D., B.Ch. (Oxon), D.P.H. (Oxon), M.R.C.S. (Eng).,  
L.R.C.P. (Lond).

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ABERYSTWYTH:

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# TO THE CHAIRMAN AND MEMBERS OF THE CARDIGANSHIRE EDUCATION COMMITTEE.

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MR. CHAIRMAN, LADIES AND GENTLEMEN,—

In accordance with the demands of the Board of Education and the terms of my appointment, I have the honour to present my Annual Report for the year ending December 31st, 1920.

During the year there have been very severe epidemics of measles and mumps which have necessitated the closure of schools. The results of school closure have only added to my opinion that school closure for these diseases is ineffective. In some instances I have kept the school open, in spite of the fact that the attendance has been reduced to a very great extent by exclusion of patients and contacts. The result in these cases has been that teachers whose salaries depend on their school attendance have suffered.

In my opinion school closure is of little use as a preventive against the spread of infection, especially in infectious diseases such as measles and mumps.

During the year all the Elementary Schools were visited and all the children in the routine group were inspected.

One school, Llanddeiniol, has been re-opened and was inspected, in addition to the schools reported upon last year.

No Secondary Schools have been inspected. This is due to the fact that the staff of the school medical service is insufficient. It is hoped that the Education Committee will see their way to provide assistants for the S.M.O. in order that the medical inspection may be done more thoroughly and also that certain additional ailments may be treated.

I wish to record my thanks to the Committee for their advice and help, also to the District Medical Officers of Health, whose co-operation in the work of the department is much appreciated.

I have also to thank the School Nurses, Teachers, and Clerical Staff for their invaluable assistance in the work during the year.

I have the honour to be,

Ladies and Gentlemen,

Your obedient Servant,

L. MEREDITH DAVIES.

*January, 1921.*

### **Extent of Area, etc.**

The area of the administrative county is 443,071 acres. The number of schools under the authority of the Committee is 108, which include 114 departments.

The number of children on the registers in September, 1920, was 7630·7. The average attendance was 6367·9, the percentage of attendance being 83·4.

The number of children on the registers in September, 1919, was 7955 8, so that there is a decrease of 325·1 children attending schools.

### **Staff.**

The staff of the School Medical Department consists of the following :—

1. **MEDICAL.**—The School Medical Officer, who is also the County Medical Officer. There are no assistants either part time or whole time, so that the whole of the work of the school medical inspection is done by the School Medical Officer. Salary £433 6s. 8d. from Education Committee.

2. **NURSING.**—There are four whole time school nurses who also act as health visitors.

In addition to the whole time school nurses there are 15 nurses employed by local nursing associations who act as part time school nurses.

In September the Aberystwyth Nursing Association intimated that they were unable to do the work. At present there are only 13 part time school nurses.

The salary of the whole time school nurses and health visitors is £150 per annum, a proportion of which is paid by the Education Committee and the County Council.

3. **CLERICAL STAFF.**—There are two clerks in the office. The senior clerk has been in the office of this department for 5 years. She is in receipt of £2 a week. The junior clerk has been in the department for 1 year and 3 months and receives £1 a week.

4. **SPECIAL DEPARTMENTS.**—

A. **EYE SPECIALIST.**—Dr. T. Phillips, 126 Harley Street, visits the county for the purpose of doing refractions and attending to eye cases referred to him from the schools. The salary of Dr. Phillips is £50 per annum.



B. An instructor in physical training has been appointed by the Education Authority and the University College, Aberystwyth. The salary paid to him is £290 per annum by the Education Committee and £110 per annum by the College Authorities.

### **Co-ordination between the School Medical Service and the Public Health Service.**

Owing to the fact that the School Medical Officer is also the County Medical Officer of Health, also that the school nurses act as health visitors, there is a great co-operation between the school medical department and public health department.

In the majority of cases the younger children attending school have been visited by the school nurse, as health visitor before reaching school age. The school nurse has therefore, a considerable knowledge of the past medical history of the school child.

It is the intention of this department that birth inquiry cards should follow the child to the elementary school and be attached to the school inspection card.

When the child removes to a secondary school, these cards will be attached to the new cards provided. By this means a complete past health history of the child will be obtained.

When the children are found suffering from malnutrition by the health visitors, application is made in the case of those under 5 years of age for free milk or milk substitute under the maternity and child welfare scheme.

There are no nursery schools, crèches, etc. in the County. At present no arrangements have been made for the provision of efficient school meals in schools by the committee.

Should it be decided to adopt a scheme, such as was suggested in the report for 1919, meals could be provided free to ill nourished children and those in necessity.

### **The School Medical Service in relation to Public Elementary Schools.**

Below I include a list of the schools with a report on the condition of building, sanitation, etc.

**SURROUNDINGS AND SITE.**—The surroundings of the schools in the rural districts of the County are extremely pleasant in the

majority of cases. The schools are built to a great extent with a south to south westerly aspect. By this means one important requirement is secured, namely light.

**THE SITE.**—In many cases the schools are built on the side of a hill, or at a certain elevation. Should there be no trees, this provides another essential, a good and plentiful supply of fresh air. The provision of a large tree has proved necessary especially in schools which have no covered shed. This allows shade for open air classes in the summer time.

Many of the schools are built on rock, which helps considerably in keeping the school dry.

Probably a deep gravelly soil is the best for building purposes, on account of its protection against dampness.

Should the soil be too loose however, there will be some danger from ground air pollution.

**VENTILATION.**—The majority of the schools are provided with hopper windows and tobin tubes. There are also open fires which assist ventilation a great deal. Tobin tubes are efficient so long as they are used properly. Advice should be given that no books or other articles be placed on the top, thereby preventing the entry of fresh air.

**THE WINDOWS** are in a great number of schools too small. The window space should be at least 1-10th of the floor space.

Even when the window space is sufficient, I find a great diffidence in opening the windows.

On entering a school from the outside, one is often struck by the "stuffy" atmosphere of the room. This affects not only the children, but the teachers.

From the point of view of ventilation the open fire grate is the most effective means of heating.

Even when there is no fire the fireplace is of great use in ventilation. For this reason fireplaces should not be blocked at any time.

In the schools when there is a hot water system there are generally fireplaces. In these schools I emphasise the importance of assisting ventilation by open windows and ventilators and the open fire grate.

I trust the Committee, will make every effort to increase the size of the windows which open in the schools when they are insufficient.

There is no system of artificial ventilation in the schools.

The good or insufficient ventilation of a room is judged by the amount of carbon dioxide present in the air. It is estimated that each person should be supplied with 3,000 cubic feet of air per hour in order that the amount of carbon dioxide may not be above a certain figure.

The amount of cubic space in schools laid down by the Board of Education must not be less than 120 cubic feet. Although I do not consider this space sufficient for thorough ventilation, yet there are some schools where the space is not up to this standard.

I give as an example Talybont large room, where more than one class is taken, and the number of children is too great.

**LIGHTING.**—I have already mentioned that the window space is insufficient in some schools for ventilation purposes. The same applies to the windows for lighting purposes. Daylight is the natural means of lighting in schools. The light should not only pass directly on to the blackboard or book, but should be reflected from the walls and ceilings. In order that this should be effected, the windows should extend up to the ceiling and the walls and ceilings be of a light colour.

The light should come over the left shoulder of the child, this prevents shadows from being formed by the arm or head. Under no condition should the light for reading or writing come from the front of the child.

In schools where there are windows in front of the class, I suggest that panes of glass be inserted which do not transmit light. The desks should, of course, be placed so that they face the teacher and do not face the light.

I have already discussed the merits of the different methods of artificial lighting in my report for 1919.

**WARMING.**—Heat can be carried by : (1) radiation ; (2) conduction ; and (3) convection. As an example of (1), the open fire is the best :—

(2). Conduction means the passage of heat from one particle to another.



(3). Convection is the passage of heat from one mass of air to another.

The three methods which can be adopted in this county are :—

1. Open fire places.
2. Stoves.
3. Hot water or steam systems.

1. *The Open Fire*.—The advantage of this system of warming is the great help given to good ventilation.

The faults are :—

- (1). It is extravagant.
- (2). The room is not uniformly heated.
- (3). There is a draught caused between the windows, ventilators, doors, and the fire place.
- (4). The heating effect varies inversely as the square of the distance from the fire.

When an open fire is placed in a school the fire place should be constructed with little iron work and more brick work to prevent loss of heat by radiation. The fire should be placed forward into the room and not far back in the fire place. The bars should be close together to prevent large ashes from being wasted.

2. *Stoves* have the advantage that the heat is spread more uniformly through the room by convection. There is no loss of air up the chimney, the air being warmed by contact with the stove and ascending, and being replaced by cool air. By this means the heat is uniformly distributed.

The disadvantages of the stove are :—

- (1). That carbon monoxide is formed, which is a poisonous gas.
- (2). That organic matter in the air comes in contact with the stove and gives off an offensive smell.
- (3). It does not assist in ventilation.
- (4). The air is dried and so the relative humidity of the air is altered.

In order to prevent :—

- (1). The inside of the stove should be lined with fire brick.



(3). Great attention should be paid to the windows and ventilators and open fire places.

(4). A bowl of water should always be placed near the stove.

3. *Hot Water and Steam Systems.*—The heat is conveyed throughout the room by convection. If constructed and attended to properly the system is good.

The disadvantages are that ventilation is often bad and the construction poor.

In order to have efficient ventilation there should be sufficient inlets and outlets, the inlets preferably being placed near the pipes.

The system, however, does not allow such fresh atmosphere in the room as an open fire place.

There are several systems in the county but they cannot be considered as successful. The pipes in my opinion are far too large and I prefer the use of small  $1\frac{1}{2}$  inch or 2 inch pipes.

Complaints have been received that several schools are cold. In these cases I would advise either the hot water system or the use of a stove, in addition to the open fire place.

**SANITATION.**—With the exception of Aberystwyth, Llanilar, Cardigan and Lampeter schools, which have water closets, there are buckets and dry earth systems in throughout the County.

**MIDDENS AND PRIVIES** should on no condition be allowed in the County.

Aberayron Council School has such a system.

**THE DRY EARTH SYSTEM** is very satisfactory if proper attention is paid to it.

In the majority of schools which have adopted this system, no dry earth is supplied, with the result that it is inefficient.

I would suggest that sheds be placed in the playgrounds of the schools with this system, for the storage of dry earth.

The urine in this system, both from the urinals and closets is conveyed to a filter bed.

These beds are, I learn, seldom touched, with the result that they do not work properly.

I suggest that they be periodically cleaned and the exits and inlet pipe cleaned of any obstruction.

**THE BUCKETS.**—The majority of the schools use buckets, which are supposed to be cleaned at least weekly. I find that proper attention is not paid to the cleaning of these offices. The headmaster should see that the refuse is removed weekly and report to this office.

The Education Committee should make arrangement for disposal of the contents of the bucket. At present the refuse is thrown in any convenient spot and in one instance thrown into a stream. This is especially worthy of note, as the system formerly in use allowed the faeces and urine to go into the stream, and was condemned for this reason.

The offices of Talybont school are too near the school, and the flushing depends on the waste water. In summer and hot weather the smell is most offensive.

**NEW QUAY COUNCIL.**—The New Quay urban authority have taken action against the Committee with regard to the sanitary arrangements.

The System is a water system, with no water, emptying into an open stream which is an open sewer lower down.

The Education Committee have decided to instal a dry earth system as soon as possible. In order that the school should be reopened, I advised that the closets be closed, and that children be allowed to go home when required. Should the Local Authority object to this, I advised borrowing some buckets, until the new system was completed.

The action of the New Quay Council can only be favourably commented upon. It is hoped however, that the same interest in public health, will be taken by the Council in improving the other sanitary arrangements of New Quay.

I feel I cannot finish this section until I mention the antiquated, and thoroughly insanitary system of Llanddewibrefi.

I understand that a "clearing up" was carried out on hearing of my visit, so that the nuisance was not as great as usual.

The system consists of a row of closets, which automatically empty into a cistern and then into a drain.

The system was not working when I inspected it.

The drains were visible owing to the fact that the playground was worn out.

A new system should be provided, at once, for this school.

WATER SUPPLIES.—With the exception of certain schools in neighbourhoods where there are public water supplies, the schools for the most part rely upon pumps for their water.

In some instances *e.g.* Swyddffynon, Chancery etc., there is no water available for the school.

Borth Council has now been joined to the new main water supply.

The water provided by some pumps is questionable in quality. Amongst those that need examination and analysis is the water at Rhydypennau School.

Every school in the county should be provided with water, as without it cleanliness is not encouraged. Washing basins have been provided in the majority of schools. It should be the duty of teachers to see that water is always available in a bucket, also soap and towels. Towels can be made by the children in their sewing lessons.

EQUIPMENT.—There are a great number of schools, especially in rural districts, which have long desks with no back supports.

The desks should be destroyed and dual or single desks provided.

I do not intend giving the merits or disadvantages of the various desks, as I went into this fully in my report for 1919. It is, however, the duty of the Committee to provide furniture which will allow the children to be comfortable during their long school hours, and also help to prevent such diseases as spinal curvature, etc.

SLATES.—The use of slates is, I am pleased to say, dying out. There are, however, several schools which still use them. Failing the disuse of slates, I suggest that sponges and bowls of water be provided in order to do away with the unhealthy habit of cleaning slates by the use of saliva.



LOCKERS.—I have already explained the advantages of lockers in my report for 1919. These lockers can be made with great ease in schools where woodwork is taught. The provision of lockers will do away with the use of high cupboards, the tops of which gather dust and are seldom cleaned. In these lockers each child will be able to keep his or her own books, pencils, pens, luncheon utensils, and I hope tooth brushes. In addition to this a change of clothing and slippers may be kept by those children who are likely to get wet in winter.

THE SCHOOL BUILDINGS.—During the War it was impossible to keep the schools in the repair which the Committee would desire. The schools generally are in a grave state of repair. Painting and re-colouring, re-troughing, new steps, and repairs to woodwork are the most essential defects. With the appointment of two new architects, these defects will without doubt be attended to, to the satisfaction of the Committee.

I wish to call the attention of the Committee to the dampness in new schools such as Tregaron. Whether this is due to faulty construction or material it is impossible to say unless a careful examination is made.

The new class room erected at Penlone has a defective wall, owing, in my opinion, to the sinking of the foundation. By removing this wall, I suggest that an opportunity is offered for experimenting in the efficacy of an open air class room.

When the condition of the buildings have been improved, it is hoped that small defects will be attended to before they become large. The teachers can do a great deal in this respect by reporting the matter at once to these offices or to the architect.

THE CLOAK ROOMS —The cloak rooms in very many schools are far too small. There should be sufficient room for hanging coats at a sufficient distance from one another. Several cloak rooms need repairs, such as new hooks, prevention of damp, and renewing the floors.

DRYING ROOMS.—In the schools which have hot water heating systems, I suggest that the hot water pipes be conveyed to the cloak rooms so as to act as hot supports for the wet clothes.

In the smaller schools, I suggest that a class room be utilised in the wet weather for the drying of clothes. Wooden horses should be provided for hanging the clothes. The children, who have to walk a great distance should bring a change of clothes, or at least a



change of boots and stockings. The wearing of slippers in school would be an advantage, both in order to change during wet weather, and also for use in physical exercises.

**SCHOOL CLEANING.**—School cleaning is one of the very great problems, which the Committee has to deal with. Efficient caretakers are very difficult to find, especially in scattered districts.

School cleaning should be done twice a day, in the morning and in the night.

The caretaker should be instructed that the morning cleaning should be done at least one hour before the children assemble. On some occasions when I have inspected schools in the early morning, I have found the cleaner at work, in a cloud of dust, in which it is impossible to see or breathe. It will be unnecessary to explain how unhealthy this is for the children.

Dry brushing should be discontinued. By dry brushing, the dirt and dust is simply disturbed and moved from one part of the room to the other, carrying with it the germs of disease. I have suggested to the Committee that Dusmo be used in the schools of the County. By using wet sawdust or water, the dust is converted into mud and when it dries again becomes dust. By the use of Dusmo it is claimed that no dust is formed, and no dust allowed to rise in the air.

The schools are scrubbed 4 times a year. I have already suggested to the Committee that this would be advantageously increased to once a month.

In several schools the floor boards are much worn and need replaning or renewing. The habit of allowing children to stamp into school should be discouraged as it causes a great deal of dust to rise.

The following is a report of the School Buildings inspected by the School Medical Officer during the year.

### **Report on School Buildings inspected by the School Medical Officer.**

#### **ABERAYRON DISTRICT.**

**CILIAU AERON.**—Dampness in roof. This defect was seen to by a workman last year, but there is no improvement. Playground: In girls' playground there are constant floods in winter, due to insufficient size of subsoil drainage pipes. Needs asphalt. Offices: Classroom looks straight out to the offices, consequently the win-

dows have been frosted, and cannot be opened. I would suggest the erection of a wall or screen between the offices and school windows. The offices need whitewashing. Lighting: In the classroom the lighting is bad owing to frosting of windows which face the offices. Windows in the large room are too small. Headteacher's House: Bedroom fire does not draw owing to chimney. Needs new grate.

CROSS INN (NEW QUAY).—Last coloured in 1912. Playground: Worn out in places, and needs renovating. It has been concreted. Pump: Out of order. Stove: Broken. Needs new parts. Lighting: A great deal of light comes from the front. Needs extra window behind.

MYDROILYN.—Very damp, especially the S.E. and S.W. part of the building. Trough is broken. Playground: Muddy; needs asphalt. Ventilation: Bad. More windows are required. Heating: Bad at end of big room. I suggest extra heating. Lighting: Bad. Only two windows in end walls and one in roof. Needs extra window in S.W. wall.

PENLON.—Foundation of S.E. wall of new classroom has given way. The result is a longitudinal crack from ground to roof, involving the plaster inside, the result being that the wall will collapse. There is dampness in the classroom. Window frames have dry rot. I would suggest that an opportunity is offered for making an Open Air Classroom. Heating: Bad. Would suggest an extra stove.

DIHEWID.—Needs re-painting. Dampness in Classroom and large room. Playground: A swamp in wet weather. Offices: Need whitewash. Ventilation: Windows suppose to open, but refuse. Lighting: Windows behind the children too small.

GWENLLI.—Playground is muddy. Lighting is insufficient. Windows are needed behind the children.

TALGARREG.—Slight dampness in big room and porch, where plaster is descending. Playground: Very muddy in winter. Needs asphalt. Offices: There are no inspection chamber covers for the urinals. This should be attended to immediately. This defect has been reported by the Sanitary Inspector to the Aberayron Rural District Council. Pump: Handle is broken. Lighting: All light comes from the front of the children. No windows behind. This is very bad for the eyes of the children. Troughs: Need cleaning.

NEW QUAY C.—Damp in classroom and large room. Offices: Badly ventilated. Needs whitewash. The offices discharge untreated into a culvert, through which runs a stream. One closet is

partly blocked. This must be attended to as soon as possible, as it is not hygienic. It has been reported to me by the Sanitary Inspector. I would suggest : (1) Better ventilation ; (2) The treating of the sewage before discharging into the stream ; (3) That a modern automatic flush closet be substituted for the unhygienic. The windows are too small and do not open sufficiently. In classroom, light comes from left and front. Window needed behind. Desks : Old and long for the most part.

LLWYNDAFYDD C.—Last painted in 1908. Playground : Very muddy. Windows : Need blinds. Desks : Old and long. Heating : Insufficient at end of long room. Needs extra heating.

LLANARTH C.—Dampness has been attended to. Painted in 1914. Needs painting in Infants' room. Lobby : Too small. Playground : Needs levelling and asphaltting. Offices : Faeces removed monthly. This is insufficient. A wall and floor have been built over the site of the old cesspool. This wall is giving way. Heating : Bad, and the system is a failure owing, I believe, to the size of the pipes. Lighting : Bad in classroom. Needs windows at west end. Desks : Old and long.

ABERAYRON C.—Damp over chimney. Boundary wall is broken, and steps of porch need mending. Offices : These are very offensive. Suggest bucket system, cleaned out weekly or automatic flushing system. Heating : Cold in winter. Only one fire. Desks : Long and old, with no backs.

CILCENNIN C.—Damp on south end. Ceiling is leaking and plaster is cracked. Waste pipe of lavatory basin is stopped and broken. Hinges of main door broken. No keys to outside door. Offices : Latch of door broken. Ventilation : Needs more windows capable of being open. Heating : One stove which is cracked. Lighting : Most of the window panes are frosted. Porch : Filthy and plaster is broken. Master's House : Damp round chimney. Paper falling off walls. Water drips through ceiling into bedroom.

ABERAYRON N.—Playground : Very muddy and in need of asphaltting. Windows : Needs more windows capable of being opened. Windows behind should have unfrosted glass.

FELINFACH C.—Damp. Playground : Muddy. Needs asphaltting. Desks : Old and long.

PENNANT C.—Playground : Muddy ; needs asphalt. Lighting : More light comes in front of the children than behind. I beg to suggest that the lower half of the windows in front be frosted. Desks : Old and long.



LLANON C.—Damp pine end and east side. Wet in infants' room. Needs repairing. Playground : A swamp, and a water supply descends in winter time. One trough is off and the tiles are loose and broken. Porch : Very dilapidated and steps needs renovating. Ventilation : Bad in classroom. Desks : Old and long.

ABERARTH C.—Dampness round chimney. Needs repainting. Playground : A swamp. Needs asphaltting. Offices : Need white-wash badly. Heating : Big room cold at far end. A system of heating was suggested by the late Architect. Lighting : Bad. More light comes in front than behind. Windows behind are frosted, contrary to common sense.

CROSS INN C. (LLANON).—This School is in fair condition throughout.

### LLANDYSSUL DISTRICT.

ADPAR C.—Building : Needs recolouring. Playground : Gratings in playground need renewing. Water supply : Pump out of order. Ventilation : Needs more windows capable of opening. Heating : Needs larger and extra fire place. Lighting : Needs larger windows.

PONTSHAEN C.—Playground : Muddy ; needs asphaltting. Offices : One for boys and one for girls. Insufficient accommodation for 60 children. Drain under School is blocked. Desks : Some dual and some long.

LLANDYSSUL C.—Building : Damp, especially in south wall. Water supply : Nil. Needs a water supply. Lavatory accommodation : Nil. Needs basins. Desks : Long.

RHYDLEWIS C.—Building : Needs repainting and renovating. Large holes in ceiling. Plans have already been submitted but no action taken. Playground : Very rough ; needs asphaltting. Water supply : Nil ; one quarter of a mile away. Ventilation : Needs more open windows. Heating : Bad ; needs large boiler, etc. Lighting : Needs larger windows. Desks : Very old long desks.

CAPEL CYNNON C.—Building : Needs cleaning and repainting ; some dampness. Playground : Muddy ; needs some attention. Water supply : Nil. Ventilation : Needs more windows capable of opening. Heating : Not good. Lighting : Needs extra window in classroom. Windows in large room face children. I suggest that extra windows be put behind, and the windows in front frosted. Desks : Some dual, and some old and long.



BRYN C.—Building: Needs repainting badly. Ceiling and walls falling. Needs new pipes and troughs. Damp. Playground: Muddy; needs asphalt. Water supply: Well in field. Offices: Need whitewashing. Ventilation: Needs more windows capable of opening. Lighting: Needs extra window in classroom. Desks: Old and long.

PONTGARREG C.—Playground: Muddy; needs asphalt. Water supply: Pump; unfit for drinking. Desks: Long.

ST. DAVID'S C.—Building: Dampness in roof. Water supply: Pump. No water in Summer, and bad in Winter by surface water. I suggest that measures be taken to guard the well from surface water.

TREGROES C.—Building: Needs repainting. Damp and needs replastering. Water supply: Nil. Offices: Need whitewash. Desks: Old and long.

LLANDYSSUL N.—Building: Damp and in need of repainting. Playground: A swamp in winter; needs asphalt. Water supply: Nil. Offices: Need whitewash. Ventilation: Needs more windows capable of opening.

BEULAH C.—Building: Extremely damp in south wall. Needs repainting. Water supply: Pump not working. Offices: Complaints have been received *re* smell and nuisance. Drain pipe has gradient in wrong direction. There are no arrangements for disposal of faeces. This is urgent and needs special attention. Heating: Anthracite stoves are unreliable.

BRONGEST C.—Building: Needs repainting and in parts replacing. Very damp in west and east walls. Troughing is bad. Offices: Need whitewashing.

GLYNARTHEN C.—Building: Needs repainting. Playground: Very rough. Lighting: Would be improved by enlarging the windows. Desks: Old and long in main room.

TREWEN C.—Building: Damp in roof. Few tiles missing. Water supply: Nil. Heating: Not good. An extra fire place needed in large room. Lighting: Bad. Larger windows necessary. Desks: Old and long.

ABERBANC C. of E.—Building: Needs colouring. Troughs are broken. Water supply: Nil. There is a well 200 yards away. Offices: Getting buckets. Ventilation and lighting: Bad. More open windows needed with less woodwork and capable of opening.

PENMORFA C.—Building : Needs repainting. Dampness in roof. Playground : Very muddy ; needs asphalt. Water supply : Pump is said to have been ordered. Offices : Dry system ; cleaned monthly. This is insufficient. Ventilation : Needs more windows capable of being opened. Lighting : Needs larger windows. Desks : Mostly old and long.

### ABERYSTWYTH RURAL DISTRICT.

CLARACH.—Walls of playground broken. I understand this is being attended to.

BORTH C.—The Dado round the walls of the larger room is falling. It needs fastening to the walls. The playground needs asphalt, as it is very damp in winter. Water supply : Nil. I understand that a new reservoir has been built above the School for the supply of the village. The main pipes pass the School, and with a very short length of pipes could be connected up with the School. Offices : New buckets required as they have become defective through much use.

LLANILAR.—Building is damp. Playground is very small and needs extending. Porch needs repair and the floor needs renovating. Lighting : Windows could be extended with advantage.

BRYNHERBERT.—Needs repairing. Damp around bell. Playground : Damp in Winter. I suggest asphalt. Desks : Long, old fashioned, except for Infants.

CHANCERY.—Needs repairing. Playground : Damp in Winter. I suggest asphalt. No water supply, except surface spring, which is dry in Summer and muddy in Winter. Offices : Buckets emptied into stream. This must not be allowed as it pollutes the stream. Master's house : Damp and windows need repairing.

BORTH N.—Needs repairing. Desks : Old and long.

TALYBONT C.—Damp round the bell. Playground : Very small. Playing field approach needs draining and filling in. I understand this is being attended to. Lavatory accommodation : Only one basin is provided. Offices are much too near the building. They are cleansed by waste water flushing. The windows of the School, which are about three feet from the urinals, cannot be opened owing to the smell. This is especially the case in Summer when the waste water is negligible. Ventilation : The large room is far too small for the number of scholars. Desks : Mostly old and long.

GORS C.—In fairly good condition.

YSTUMTUEN.—Building : Damp in S.W. wall. Needs more open windows. Heating : Poor in large room. Needs extra stove. Walls need repainting. Floors dirty. Water supply : Well 100 yards away. Closets : Buckets emptied weekly. Desks : Old and long with no backs.

LLANFIHANGEL-Y-CREUDDYN.—Dampness round the chimney. Needs replastering in places. Playground : Damp and needs repairs. Washing accommodation, two for the girls and nil for the boys. Porch is very small. Lighting, the windows facing the children need blinds or stained glass, as the light falls on the eyes of the children.

CWMPADARN MIXED.—Offices cleaned out every two months. This is not sufficient. Desks, mostly long.

CWMPADARN INFANTS.—In good condition.

PENPARKE N.—Very old building. Badly in need of repainting. Very damp in places. Playground, very small and damp. Water supply, 400 yards away at Southgate. Lighting is poor.

LLANAFAN C.—Damp in large room. Slates needed on roof. Needs repainting. Water supply, stream 100 yards away. Porch needs repainting. Heating, good when stove is in working order. Lighting, insufficient. Desks, mostly old and long.

COMMINS COCH C.—Dampness in building. Playground is very wet in Winter and needs asphalt. Water supply, from a tap 50 yards away, when it is running. Lighting is insufficient in large room ; needs extension of window. Desks, long and some dual. Offices, middies need whitewashing.

LLANRHYSTYD.—Damp in two places in classroom and boys' porch. Gutters need repairing and new tiles on roof. Playground, walls broken and need repair, as the holes get larger and larger. The playground is a swamp in wet weather. Water supply, village pump 200 yards away. Porch is very small. Offices, four buckets are leaking. Heating, cold in classroom and south part of large room. Lighting, insufficient ; needs more long windows. Desks, four old and long. Ceiling in large room needs replastering in places.



COFADAIL C.—Damp and needs repainting. Playground, very small and muddy. The Head Teacher has attempted to make it less muddy by putting down stones. Water supply, well, 200 yards away. Ventilation, needs more windows capable of being opened. Heating, the School provides midday soup. The boiling of the soup could be made easier by the provision of a cooking stove or fire.

LLANGWYRYFON.—Damp round chimney. This has been attended to. Playground is mostly school garden. Water supply, by pipe from well. Washing basins are provided, but taps need new washers. Heating, insufficient. Desks, old and long.

ABERFFERWD.—Needs repainting. Lighting, needs extra window at back. Desks, old and long.

YSGUBORYCOED C.—Damp in south east end. Water supply, nil. Heating, good, except in S.E. end. Grate does not throw out heat to the S.E. end.

TALIESIN C.—Damp in porches and Head Teacher's house; this is being attended to. Playground, very wet and muddy in wet weather. Offices, three for 60 girls. Ventilation, needs more windows capable of being opened. Lighting, good except in Infants' room; needs extra window. Desks, all long and old.

TRISANT C.—Damp where adjoining the Chapel. Water supply, well, about 200 yards away.

CAPEL SION C.—Needs repainting. Playground, wet; needs asphalt. Ventilation, needs more windows capable of being opened. Lighting, bad; windows face one another and could be enlarged, while one side should be dimmed glass.

CWMYSTWYTH C.—Damp in large room; needs repairing above fireplace. Offices, need whitewashing. Buckets emptied every three weeks to a month; this is insufficient. Ventilation, more windows should be capable of being opened. Desks, old and long. Needs wire protection over chimney to prevent birds from nesting.

DEVIL'S BRIDGE C.—Damp over front. Offices, middies need whitewashing. Ventilation and lighting is bad owing to windows being small. Desks, old and long.

RHYDYPENNAU C.—Needs repainting. Damp on south wall. Water supply, from spring by pipes to a tap. Complaints have been made *re* the quality of the water. Have written to the District Medical Officer *re* taking sample for testing. Uninals, need new gutters and cement. Gradient of gutters insufficient. Offices, need whitewash. Ventilation, more windows could be made capable of opening. Desks, mostly long.



GOGINAN C.—Damp over chimney. Playground, pump out of order. Offices, buckets cleaned out every three weeks. This is insufficient. Ventilation, needs more windows capable of being opened. Desks, mostly old and long.

PENLLWYN C.—Damp in classroom. Playground, very wet and muddy in wet weather. Ventilation, needs more windows capable of being opened. Heating, stove does not draw ; one grate broken. Lighting, in classroom very bad.

ELERCH N.—Damp and needs repainting. Ventilation, bad. Lighting, bad. Desks, old and long except in Infants' dept., where they are dual.

PONTERWYD C.—Damp, needs repainting and replastering in places. Trough down. Playground, very damp. Porch, needs new slates. Offices, in a disgraceful state. Need whitewashing, seats all broken, doors off hinges. Ventilation, need more open windows. Lighting, windows too small. Needs shed for keeping coal, which is at present out in the open.

TREFEURIG C.—Main room and classroom damp and need repainting. Washing basins, nil. Offices, Multiple, 3 or 4 in each place. Needs window for ventilation. Ventilation and Lighting, very bad. Needs more open windows.

PENRHYNCOCH N.—Needs repainting. Needs more open windows. Lighting is bad owing to large mullions and small windows. Desks, old and long.

## CARDIGAN DISTRICT.

CARDIGAN N.—Building, stairs in bad condition. Playground, rough ; needs asphalt. Offices, w.c's. ; automatic. Ventilation, needs more windows capable of being opened. Lighting, in classroom bad ; window small and frosted. Desks, long.

CARDIGAN C. BOYS.—Building, painted 10 years ago ; would suggest dividing the room with partition, as too many children are being educated in one room. Lavatory, only one basin ; suggest more. Offices, w.c.'s. Ventilation, too many children being taught in the big room. Desks, long.

CARDIGAN C. GIRLS.—Building needs repainting. Ventilation is not good. Lighting, classroom needs more windows. Desks, long.

CARDIGAN C. INFANTS.—Buildings, two rooms for four classes; suggest two partitions; needs repainting. Playground, needs open shelter. Lavatory, only one basin; suggest more. Ventilation, needs more open windows. Desks, some long desks; these should be exchanged for dual desks as the children hurt their fingers in the hinges.

ABERPORTH C. of E.—Building, damp. Playground, very small. Water supply, well, outside school. Desks, old and long.

ABERPORTH C.—Playground, water collects at shelter, and approach by gate is bad. Water supply, pump is out of order. Building, in very good condition.

LLANGOEDMORE C. of E.—Playground is too small. Water supply, carried from well in field. Lighting, an extra window needed in south side. Desks, old, and long. This school is always kept very clean by the caretaker.

LLANDYGWYDD N.—Building, plaster is falling and needs recolouring. Playground is very small. Water supply, well outside. Ventilation, needs more windows capable of opening. Lighting, bad; needs larger windows. Desks, long. A good midday meal is supplied, but the dining room is unfit for the children.

VERWICK C.—Building, dampness in south wall; badly needs repainting. Water supply, pump outside. Ventilation, needs more windows capable of opening.

BLARNPORTH C.—Building, very damp in roof. Plaster has fallen. Needs repainting. Damp in porch. Dry rot. Porch, very dirty and needs renovating. Offices, need whitewashing and new seats. Desks, old and long.

ST. DOGMAEL'S N.—Water supply, tap on main road. Lighting, needs extra window at east end. Desks, long.

PENPARC C.—Building, classroom very damp. Troughs need cleaning. Needs repainting. Water supply, rain water collected. Offices, need whitewash. Desks, long.

## LAMPETER DISTRICT.

LLANWNEN.—Building, damp owing to woodwork outside. Chimney of master's house needs re-leading or cementing. Playground, needs asphalt; the wall in playground has cracked badly. Water supply, tap from well above school which dries in summer. Offices, dry earth system; needs dry earth. Desks, dual. Lighting, Ventilaion, and Heating, good.

LLANWENOG.—Building, damp and needs recolouring. Water supply, there is a pump. Offices, buckets cleaned monthly; this is insufficient. Ventilation, larger open windows are needed. Heating and Lighting, good. Desks, old long desks.

LLANGYBI.—Building is good. Playground, rough and wet and a stream in winter. Water supply, a pump. Lavatory, there are no basins in this school. They should be supplied. Offices, buckets cleaned weekly. Ventilation, needs larger and more open windows. Heating, 2 fire screens are needed. Lighting is fair. Desks, very poor; there are old long desks and in the classroom there is a gallery with long benches.

LLANFAIR.—Building, damp especially in classroom. The cleaner is unsatisfactory and did not appear on the day I visited the school. Playground is rough. Water supply, the pump is out of order. Offices, buckets are used, but there are no arrangements for emptying. Ventilation, Heating and Lighting, fair. Desks, dual and long desks are used.

SILIAN.—Building, this school was coloured in 1918. Playground is very rough. Water supply, nil. There is a well some distance away. Offices, buckets are used and cleaned weekly. Ventilation and heating, good. Lighting, the windows need enlarging. Desks, old long desks are used.

PETERWELL.—Building, very damp in head-teachers room and in store room, needs recolouring. Playground is in good condition, but needs alteration for mixed school. Needs covered shed. Drain is blocked. Water supply from Lampeter main. Offices, the urinals need a better flushing apparatus. Closets, these have only been supplied for girls. There are none for the boys. One seat needs renewing. Ventilation and Lighting is fair, but windows need enlarging. Heating, main room needs extra fire. Desks, long desks are used. Cloak rooms are very small. Boundary wall, there are several holes in the walls. I suggest an extra gate in the gap formed.

NEW COURT.—Building is good. Water supply, very poor. There is a small trickle in winter, which is probably polluted. It dries up in summer. A new supply should be provided. Closets, there is a dry earth system, but no dry earth. This should be supplied. The walls need whitewash. Ventilation, Heating and Lighting is fair. Desks, long desks are used.

CELLAN.—Building, the classroom is damp. Playground is very rough. Water supply, there is a pump. Offices, buckets are used, cleaned weekly. Ventilation, windows and cords need attention. Heating and Lighting is fair. Desks, long desks are used.



BRYN ROAD.—Building is good. Playground, not asphalted and is muddy. There is no covered shelter. Water supply, from Lampeter main. Offices, new offices are being built for boys. In the girls' offices there is one broken pan. The offices need whitewash and the door is off the hinges. Ventilation is good. Heating, hot water system. Some joints are leaking. The boiler is out of order and a new elbow joint is needed between the boiler and flue. Lighting, large room is good. In one small room bad. I suggest it be converted to wood room. Desks, dual.

BLAENAU.—Building, damp over fire place. Playground, rough and muddy. Water supply, pump is not used as water is poor. Offices, buckets are used, cleaned weekly: needs whitewash. Ventilation, needs more open windows. Heating and Lighting fair. Desks, long desks are used.

BETTWS BLEDRWS.—Building needs recolouring. Playground is rough. Water supply, pump? quality of water. Offices, buckets are used, cleaned weekly. Ventilation, Heating and Lighting, fair. Desks, old and long desks are used.

### TREGARON DISTRICT.

PONTRHYDFENDIGAID.—Building is very damp in the west end. Needs new troughing and needs recolouring. Playground, very rough and muddy. Water supply, tap from well. The well is not protected. Offices, dry earth system. No dry earth stored or used. Needs better ventilation and whitewashing. The approach is bad. Ventilation, needs more open windows. Lighting, the windows behind children are whitened. This is not necessary behind but should be in front of the children. Desks, long desks are used and some need repairing. Cleaning, the cleaner did not appear the morning I visited the School.

GARTHELI.—Building is good. Dampness in roof and walls. The skirting board is rotting. Playground, very hilly and needs levelling. It is a waterfall after rain. Water supply, a pump is used. Offices, buckets are used. Ventilation, heating and lighting good. Desks, dual.

YSBYTTY YSTWYTH.—Building is damp, especially in passage. Playground is rough. Water supply, from storage tank. Offices, built over stream and faeces drop into the water. This is insanitary and can not be allowed. Ventilation, needs more open windows. Heating, poor; central heating does not work properly. Lighting is good. Desks are old and long.



TREGARON N.—Building needs retroughing. The classroom needs replastering and is very damp. The School needs recolouring. Floors are rough. Playground is rough. Water supply, there is no water supply. Porch, very damp, and hooks are too close together. Offices, buckets are used and cleaned weekly. They need whitewashing. The seats are broken. Ventilation, needs more open and larger windows. Heating is fair. Lighting, windows need enlarging. Desks, dual desks are used.

TANYGARREG.—Building is very damp and needs recolouring. Playground is fair. Water supply, there is no supply. Offices, buckets are used and cleaned weekly. Ventilation is fair. Heating and lighting are good. Desks, dual desks are used.

PENUWCH.—Building, the door is broken. The School is damp and needs recolouring throughout and replastering in places. Playground, very wet in winter and very rough; it needs levelling. Water supply, pump is out of order. Porch, hooks are too close and the plugs of the basin have gone. Offices, buckets are used and cleaned weekly; they need whitewashing. Ventilation, needs more open windows. Heating, fireplace is broken and the wall is falling. Lighting, bad in second room; needs larger windows. Desks, the infants have long desks; the others have dual desks.

LLEDROD.—Building is damp over fireplace. The School needs recolouring. Playground is very small and rough with stones. Water supply, there is no supply to the School. Porch, water buckets and jugs are needed. Offices, buckets are used. The closets formerly were over a stream. Owing to this habit being unhealthy buckets were supplied instead. The buckets are now emptied into the stream. This must not be allowed. The drains for the urinals are blocked by the owner of next field. Arrangements should be made for the disposal of the contents of the buckets. Ventilation, needs more open windows; some windows need repairing. Heating, cold in large room; needs extra fire. Lighting is fair. Desks are very old and long.

LLANGEITHO.—Building, very damp. Playground, rough; some stones have been laid down, but more are needed. Water supply, there is no supply. Washing basins, there are no basins. Offices, buckets are used and cleaned weekly. The offices need whitewashing. Ventilation is fair. Heating, cold in big room; needs extra heating. Lighting, needs larger windows. Desks, dual desks are used.

BWLCHYLLAN.—Building is damp and needs recolouring. Playground is rough and muddy. Water supply, a very old pump is used, which is broken. Offices, dry earth system ; there is no dry earth ; needs whitewashing. Ventilation, needs larger windows. Heating is good. Lighting, needs larger windows. Desks, dual desks are used.

LLANDDEWI BREFI.—Building needs recolouring and some replastering ; the School is damp. Playground is muddy and rough. The drainage pipes are exposed through the wearing out of the playground. Water supply, there is a tap from the reservoir. Porch is too small, the hooks are broken and placed too close together ; there are no basins. Offices, a prehistoric system, leading to cesspool ; this should be condemned and a dry earth system installed. The master's closet has a long hopper with no water. Ventilation, poor ; needs more open windows. Heating is poor, needs extra fires. Lighting is poor in classroom, where there is a gallery. Desks, mostly dual, but some long desks.

BLAENCARRON.—Building in fair condition but needs recolouring and replastering. Water supply, there is no supply. Washing basins, nil ; basins should be supplied. Offices, cleaned monthly ; this is insufficient. Heating and ventilation, needs extra windows to open. Desks, old and long with no backs.

CASTELL FLEMISH.—Building, Dado is falling. Damp, needs replastering and recolouring. Troughing and pipes broken. Chimney needs replastering. Water supply, surface water drains into pump. The water is polluted. Lavatory, basins will be broken unless seen to. They are breaking away from the walls. Offices, buckets are used and emptied over the wall weekly. They need whitewashing. Ventilation is fair. Heating, cold in big room. Lighting is fair. Desks, dual desks are used. School house is very damp in both bedrooms and scullery.

BRONANT.—Building is very damp, and house needs replastering and recolouring. Water supply, there is a pump in the yard. Offices, dry earth system ; no dry earth. Ventilation fair, but windows need attention. Heating, needs bigger fireplace for midday meals. Lighting is fair. Desks, dual desks are used.

STRATA FLORIDA.—Building is damp and needs recolouring. Playground, there is no playground. Water supply, there is no water supply. Porch, very damp and needs repairs. Offices, buckets cleaned every fortnight ; they need whitewashing. Ventilation, needs more open windows. Heating is good. Lighting is poor ; larger windows are needed. Desks, dual desks are used.

## **Medical Inspection—Description of Arrangements made and Methods Adopted for the Medical Inspection of Children.**

During the medical inspection of the school children in the year 1920, the schedule of the Board of Education has been followed.

The following age groups were medically inspected.

1. Entrants.
2. Those children between ages of 8 and 9.
3. Leavers and children over 12 years.

In addition to these, special cases were inspected, that is children specially brought forward by nurses, teachers, or parents. All cases of mental defects, physical defects, blind, etc. were examined.

All children present in school who were found defective in 1919 were re-examined.

Before the medical inspection forms are sent to the headteacher asking for the number of children in each grade, also how many cases need examination.

Personal history cards are sent out to the parents, with some enquiries as to past infections and illnesses.

The necessary inspection cards are sent to the headteacher.

The headteacher is informed a few days before hand of the time of arrival of the School Medical Officer. Invitations are sent to the parents to be present at the Medical Inspection. A small classroom is used for the purpose of inspection, or a part of the main room screened off if there is no classroom.

The children are inspected according to the groups and all efforts are made to disturb the work as little as possible.

### **FINDINGS OF MEDICAL INSPECTION.**

UNCLEANLINESS.—During my inspection I found 5 boys and 147 girls with nits in the hair, and 4 boys and 22 girls with pediculi of the head.

In two schools I found the majority of the girls had nits and I was compelled to close the schools.



Every nit is a potential pediculus. Far too little attention is paid to nits. Even at the present time, in some districts, the parents consider that the children will be unhealthy if they have no nits in the hair.

The school nurses visit the children at home and cards are given to the parents with instructions for cleaning.

Advice is given to the girls to dress the hair in two plaits. The teachers would be well advised to compel the children to dress the hair in two plaits.

Insufficient attention is paid by the teachers to uncleanliness. Every child should be examined periodically and a report sent to this office of those defective. By this means, we can not only improve the health of those with dirty heads, but prevent the clean children from suffering from them.

UNCLEAN BODIES.—17 boys and 39 girls had dirty bodies. These include children suffering from body lice, fleas, and dirt. Baths are taken far too infrequently in rural districts. Children play their games and continue wearing the same clothes and have no baths.

It is hoped that the Committee will make some provision for baths in the elementary schools.

CLOTHING AND FOOTGEAR.—Three boys and 7 girls had poor clothing, and 1 boy and 7 girls poor footgear. This is not a fair estimate as the children are warned of the visit of the Medical Officer and the parents pay special care to their appearance. It would be better if the teachers filled in the items on the card for clothing and footgear so that the average quality might be obtained.

NUTRITION.—189 boys and 156 girls were under normal nutrition. The poor nutrition of the school children is very marked in this county. The chief reason for this, in my opinion, is the poor feeding. I understand from questions put to children in different schools, that the chief diet is bread and tea, with occasional meat over the week end.

Midday meals would be of great assistance in providing at least one good meal a day for the children. At present the children bring their midday meals to school. This consists as a rule of bread and tea. The latter is brought in tin jugs which are allowed to stew over the fire until midday. The stewing of tea is injurious to health as it causes the poisonous alkaloids to get in solution.

TONSILS AND ADENOIDS.—The enlargement of tonsils and adenoids is the most common ailment amongst the children with the exception of decayed teeth.

179 boys and 186 girls	had slightly enlarged tonsils.
166 „ 214 „	had much enlarged tonsils.
182 „ 173 „	had slightly marked adenoids.
179 „ 219 „	had much marked adenoids.

Notices of these defects were sent to all the parents of children suffering.

Tonsils and adenoids may be prevented by breathing exercises and by the snuff drill mentioned in the last report.

There can be no doubt that enlarged tonsils and adenoids are foci in which the organisms of disease find a good soil for development. Enlarged glands follow the inflammation of these tissues and possibly may become tubercular.

GLANDS.—The cervical glands were palpable or enlarged in 264 boys and 309 girls. The glands become enlarged as a result of infectious condition of skin, and also carious teeth, enlarged tonsils, unclean heads, etc. In order to cure these glands it is necessary that the cause should be treated. Glands which are continually enlarged may become the focus for tuberculosis.

In cases where enlarged glands are found it will be found advisable always to examine the heads for nits and vermin.

#### EXTERNAL EYE DISEASES.—

Blepharitis was found in 5 boys and 8 girls.

Conjunctivitis	„	1 „	2 „
Corneal opacities	„	2 „	4 „
Other diseases	„	7 „	7 „

Blepharitis is due to poor nutrition or defective vision. The cause should be treated in addition to the local treatment.

Cataract was found in the case of two children who were advised operation. In one case operation was refused.

#### EAR DISEASES.—

Obstruction of the right ear was found in 7 boys and 9 girls.

Obstruction of the left ear was found in 8 „ 8 „

Otorrhoea was found in 3 „ 5 „

The obstruction was in each case due to the accumulation of wax. The treatment for this is loosening the wax by hydrogen peroxide and syringing.

OTORRHOEA is a most persistent complaint. The symptom is running from the ear. Unless the disease is treated at once and efficiently, there is a great danger of the drum of the ear being destroyed and possibly the spread to the mastoid bone and antrum and the inner ear.

TEETH.—Carious teeth are the most common ailments found amongst the school children.

224 boys and 228 girls had less than 4 decayed teeth.

691 „ 688 „ had 4 or more decayed teeth.

170 „ 180 „ had sound teeth.

So that approximately 84% of the children examined need dental treatment.

The effects of carious teeth cannot be too greatly emphasized. All food has to enter the body through the mouth. In mouths with septic teeth, poison enters the stomach every time the person swallows.

Septic teeth account, in my opinion, for many so called defects in vision.

The facilities for dental treatment in the County is very poor, and a county dentist would be, at the present time, the greatest step forward, that the Education Committee could take.

#### HEART AND CIRCULATION.—

2 boys and 4 girls had organic disease of the heart.

30 „ 27 „ had anæmia.

21 „ 17 „ had other diseases of the heart.

The children with organic diseases of the heart should not be forced to attend school if not feeling quite well.

Those children with anæmia would probably improve by good efficient nourishment.

#### LUNGS.—

19 boys and 24 girls suffered from chronic bronchitis.

7 „ 1 „ had definite tuberculosis of lungs.

91 „ 92 „ were referred to the Tuberculosis Physician as suspected tuberculosis.



The Tuberculosis Physician reports that he has seen 94 boys and 66 girls attending schools.

Of these 77 boys and 53 girls are pending diagnosis or suspected cases.

He also reports as follows :—

	Recommended by S.M.O.			Recommended by other Doctors.	
	Boys.	Girls.		Boys.	Girls.
T.B. of lungs ...	2	1	...	5	2
Other forms of T.B.	6	7	...	4	3
	—	—		—	—
Total ...	8	8	...	9	5

Total of children found tubercular by Tuberculosis Physician, 30.

Out of the 30 children with definite signs of tuberculosis 20 were advised treatment at hospital, sanatorium, or institution.

At present there are no facilities for the treatment of pre tuberculosis, or children who are suspected of having tuberculosis, or those who appear to be on the border line. It is in these cases that most can be done for preventing and curing the disease.

Those tubercular patients in an advanced stage, that enter a sanatorium or hospital do so too late in the majority of cases. In many instances the patients do not remain long enough in the institution, so that the benefit obtained is minimised. In my opinion, if there is to be any good results one must advise treatment in the pre tuberculosis or first stages.

Many patients who have entered an institution return home full of good intentions with regard to leading a hygienic life, *e.g.*, keeping their windows open. This good resolution soon disappears when they return to the old poor housing conditions where several of the family occupy the same bedroom. A great deal more can be done with regard to isolation not only of patients but of contacts.

The rate of tuberculosis amongst teachers is very high and the following resolution passed unanimously by the medical staff of the Welsh National Memorial is significant :—

“ That so many cases of pulmonary tuberculosis have been observed among school teachers in Wales that the medical staff of the Association considers that all school teachers should be medically examined regularly and that a copy of this resolution should be sent to the Chief Medical Officer of the Board of Education.”

An open air institution for children is greatly needed in this county. An opportunity might be taken for starting in the old Hotel at Borth, where the children would benefit by the open air life.

NERVOUS DISEASES.—Three boys and 4 girls were examined and found suffering from epilepsy.

None of these children have been sent to a special school.

1 boy and 1 girl were suffering from chorea.

3 boys and 5 girls were suffering from other nervous diseases.

It is necessary that the Education Committee make provision for the education of epileptics in special schools.

#### SKIN.—

3 boys were found suffering from ringworm of body.

No children were found suffering from ringworm of head.

6 boys and 6 girls were suffering from impetigo.

21 boys and 16 girls suffered from other skin diseases.

The other diseases of skin include exzema, scabies, ichthyosis, etc.

No X ray treatment of ringworm has been carried out in the county. There are two X ray plants in the county, one at Aberystwyth and one at Aberayron. I would suggest that arrangements be made for treatment at these places.

RICKETS.—109 boys and 52 girls suffered from rickets. Rickets is a disease of malnutrition, one of the results being a softening of the bones, with consequent deformity. The wearing of tight binders and an excess of underclothing tends to add to the deformity, especially of the chest.

OTHER DEFORMITIES.—The following is a list of the deformities found other than due to rickets :—

Other Deformities.			Number.
Cyst of Neck	...	...	1
Nephritis	...	...	4
Cleft Palate	...	...	1
Hare Lip	...	...	1
Fracture of Fore Arm	...	...	1
Hernia	...	...	14
Deflected Septum	...	...	1

Infantile Paralysis...	...	...	5
Flat Foot	...	...	1
Heart Disease	...	...	22
Appendix Scar	...	...	2
Hydrocœle	...	...	3
Thyroid	...	...	12
Undescended Testicle	...	...	6
Deaf	...	...	1
Leg amputated	...	...	1
Deformity of Right Ear	...	...	1
Burns	...	...	3
Exophthalmos	...	...	1
Drooping Eyelid	...	...	2
Old Empyema Scar	...	...	1
Congenital Dislocation of Hip...	...	...	1
Hermaphrodite	...	...	1
Naevus...	...	...	1
Congenital Abscess of Forearm	...	...	1
Tubercular Hip	...	...	2
Arm amputated	...	...	1
Chicken Pox	...	...	4
Winged Scapula	...	...	1
Whooping Cough	...	...	2
Curvature of Spine (Rickets)	...	...	1
"	"	...	1
T.B. Ankle	...	...	1
Had Spleen removed	...	...	1
Measles	...	...	2

The following other deformities were found on re-examination of cases inspected in 1919 :—

Defect.	Number.
Lipoma of Arm	1
Enlarged Thyroid	3
Cleft Palate	1
Pes Equinus	1
Hernia	1
Congenital Dislocation of Hip	2
Tubercular Knee	1
Chicken Pox	1
Curvature of Spine	2
Tubercular Hands	1
Pott's Disease	1
Heart Disease	1
Tubercular Arm	1
Old Infantile Paralysis	1



Arrangements were made with hospitals in Birmingham and Shrewsbury for the treatment of some of these defects. The parents, however, refused the treatment offered.

NUMBER OF CHILDREN INSPECTED.—The following are the number of children inspected during the year :—

			Boys.		Girls.
Group 1	...	...	289	...	261
Group 2	...	...	373	...	369
Group 3	...	...	340	...	384
Special	...	...	83	...	82
Total	...	...	1085	...	1096

In addition to the above the number re-examined was 1689.

Routine Inspection	...	2181
Re-examination	...	1689
Total Examined	...	3870

Number of parents present at inspection, 340.

NON PULMONARY TUBERCULOSIS.—Seven boys and 4 girls were reported for non pulmonary tuberculosis.

In addition to these the Tuberculosis Physician reports 1 boy and 3 girls who have been included under suspected T.B. of lungs.

The total definite tuberculosis reported by Tuberculosis Physician is as follows.

Reported by S.M.O.	Reported by other Doctors.
Boys 6. Girls 7.	Boys 4. Girls 3.

Total 10 boys and 10 girls.—Total 20 children.

SPEECH.—Seven boys and 10 girls were suffering from defective articulation, the chief cause being enlarged tonsils and arched palate. In addition there were several children who stuttered.

MENTAL CONDITION.—Seventy eight boys and 52 girls were found to be dull and backward.

Four boys and 4 girls were mentally defective.

In addition to these there are 5 boys and 6 girls who had been examined previously.

The dull and backward children have not been examined properly for mental defect.

Of the 19 mentally defectives, 7 boys and 9 girls are feeble-minded. Two boys and 1 girl are imbeciles. Of these 3 have been reported to the Local Control Authority as being ineducable in special schools.

The remaining 16 have been recommended for special schools. One girl had previously been sent to a special school, but was found unsuited. She was reported to the Local Control Authority and moved to an Institution.

Teachers could do a great deal more to help the medical staff in the diagnosis of mental deficiency. All teachers should have a course in the investigation of mental defectives, so that they may be able to bring forward suitable children for special examination.

There has been great difficulty in obtaining special schools for children. Some action should be taken to provide education for these mentally defective children. I would suggest that a school be established between the three counties, as has been done in the case of a mentally defective institution.

VISION.—The following were the defects found at the medical inspection :—

Defects under 6/18.	Right eye,	36 boys and 49 girls.
„	Left eye,	36 „ 50 „
Defects over 6/18.	Right eye,	43 „ 63 „
„	Left eye,	44 „ 76 „
Squint,	16 „	13 „

Very many children have symptoms of eye defects due to carious teeth. Children should not be given glasses unless the defect is sufficiently high to worry them at their work and play. Children who wear glasses are unable to play out of doors as the other children do, which is a great disadvantage to be avoided.

INFECTIOUS DISEASES.—A great number of schools have been closed on account of infectious diseases during the year. The reason for closure has been to a large extent due to the small number of children left in school and the consequent lowering of the average attendance.

In addition to patients and contacts who are excluded, many parents are unwilling to risk their children near infected cases.

I am of opinion that school closure is of very little use in the prevention of infectious diseases.

The schools in Aberystwyth were closed on account of mumps. After the closure, there were as many if not more suffering than before closure. The greatest prevention is prompt action in exclusion of patients and contacts. The fact that teachers are paid according to the average attendance is an inducement for the teachers to desire closure during an epidemic. The District Medical Officers have been given power to close schools. A certificate is sent to this effect to the S.M.O. who confirms the closure with an official certificate.

The head teachers have been advised to admit no children who have suffered from infectious diseases until a certificate is obtained from the District Medical Officer that they are no longer a source of infection.

School closure is useless unless some action is taken in the district to prevent children from congregating at Sunday schools, concerts etc. To accomplish this end the S.M.O. writes to the clergy asking for their assistance, and this communication is signed by the Chairman of the Education Committee.

A book of instructions with regard to infectious and contagious diseases has been sent to each school, for reference.

Epidemics of infectious diseases occur in cycles. I attribute the great number of epidemics to the fact that no epidemics have occurred for some time and consequently the children are not immunised. Not only the elementary schools, but private schools and persons not at school have suffered from these epidemics.

Disinfection is carried out by the Sanitary Inspectors in schools where diphtheria and scarlet fever etc. occur. I consider it unnecessary after some infectious diseases such as mumps. The best disinfection for a school is soap and water, cleanliness, and fresh air.

An epidemic of diphtheria was stopped in the New Quay school by prompt closure. The cases were investigated by the S.M.O. and no carrier was discovered. The milk supplies and water supplies were above suspicion. The children who suffered were of different ages and did not come into contact with one another. The school drainage was then blamed by the district council.



Insanitary offices may prepare the ground for the germ by causing sore throats, but the germ has got to be found elsewhere. Action has been taken by the Education Committee for changing the offices of this school.

When one has visited the homes of some of the children it is not supprising that diseases spread. Isolation is impossible in houses where there are only 1—2 rooms. The disinfection of a thatched cottage with no ceiling is almost a matter of impossibility beyond burning it down.

The following is a list of school closures during the year.

School.	No. of days closed.	Reason for Closure.	By whom closed.	Date of notice to disinfect.
Llancynfelin ..	11	Measles	Dist. M. Officer	
Penpark ..	36	Scarlet Fever	" "	9/1.
Blaenporth ..	20	Whooping Cough	" "	9/1.
Ditto ..	7	Ditto and Colds	Sch. M. Officer	
Ditto ..	15	Chicken Pox	" "	
Llechryd ..	20	Scarlet Fever	Dist. M. Officer	9/1.
Ditto ..	10	Ditto	" "	May.
Ditto ..	18	Scarlet Fever and Measles	Sch. M. Officer	
Brongest ..	20	Scarlet Fever	Dist. M. Officer	
Penmorfa ..	20	Whooping Cough	" "	
Rhydypennau ..	27	Measles	" "	
Aberystwyth Girls C. ..	28	Ditto	" "	
Ditto ..	15	Mumps	Sch. M. Officer	
Ditto Infants ..	28	Measles	Dist. M. Officer	
Ditto ..	13	Ditto	" "	
Ditto ..	15	Mumps	Sch. M. Officer	
Ditto Boys ..	28	Measles	" "	
Ditto ..	15	Mumps	" "	
Cwmpadarn Infants ..	28	Whooping Cough and Scarlet Fever	" "	27/2.
Ditto ..	13	Measles	" "	
Ditto Mixed ..	10	Whooping Cough	" "	
Ditto ..	9	Measles	" "	
Ditto ..	4	Mumps	" "	
Clarach ..	17	Measles	Dist. M. Officer	
Capel Sion ..	9	Coughs and Colds	Sch. M. Officer	
Cwmystwyth ..	10	Epidemic Colds	Dist. M. Officer	
Aberystwyth National Mixed ..	30	Measles	Sch. M. Officer	
Ditto Infants ..	30	Ditto	" "	
Ditto ..	13	Measles and Whooping Cough	Dist. M. Officer	
Trefeurig ..	5	Coughs and Colds	Sch. M. Officer	
Ditto ..	15	Measles	" "	
Ponterwyd ..	10	Coughs and Colds	" "	

School.	No. of days closed.	Reason for closure.	By whom closed.	Date of notice to disinfect.
Blaenau .. ..	15	Scarlet Fever and Influenza	Dist. M. Officer	17/3.
Llanilar .. ..	13	Measles	" "	
Ditto .. ..	17	Ditto	" "	
Dihewid .. ..	11	Sore Throats & Rash (?Scarlet Fever)	Sch. M. Officer	17/3.
Penuwch .. ..	9	Sore Throats & Colds	Dist. M. Officer	
Ditto .. ..	10	Measles	" "	
Rhydlewls .. ..	8	Whooping Cough	Sch. M. Officer	
Glynarthen .. ..	20	Ditto & Colds	" "	
Llanwnen .. ..	15	Diphtheria & Measles	Dist. M. Officer	26/4.
Talgarreg .. ..	13	Ditto & Sore Throats	" "	26/4.
Felinfach .. ..	15	Measles and Colds	" "	14/5.
Aberarth .. ..	9	Coughs and Colds	" "	
Cellan .. ..	15	Measles	" "	
Ditto .. ..	5	Ditto	" "	
Ditto .. ..	10	Ditto	" "	
Tregaron Council ..	4	Colds, Sore Throats and Nits	Sch. M. Officer	
Ditto National ..	4	Ditto	" "	
Brynherbert .. ..	10	Prevalence of Measles	Dist. M. Officer	
Llanon .. ..	15	Ditto	" "	
Cardigan National ..	15	Measles	" "	
Ditto Council .. ..	15	Ditto	" "	
St. Dogmael's .. ..	15	Ditto	Sch. M. Officer	
Aberffrwd .. ..	24	Ditto	" "	
Tregroes .. ..	15	Whooping Cough	" "	
Penllwyn .. ..	15	Measles	" "	Aug.
Penlon .. ..	8	Whooping Cough	" "	
Elerch .. ..	28	Measles	Dist. M. Officer	
Commingscoch .. ..	9	Ditto	Sch. M. Officer	
Talybont .. ..	12	Measles & Whooping Cough	Dist. M. Officer	
Ditto .. ..	14	Mumps	Sch. M. Officer	
Cross Inn (Llanon) ..	10	Scarlet Fever	Dist. M. Officer	
Chancery .. ..	4	Mumps	Sch. M. Officer	
Penparke .. ..	4	Coughs and Colds	" "	
Trewen .. ..	7	Chicken Pox	" "	
Aberbank .. ..	15	Measles	Dist. M. Officer	
Adpar .. ..	20	Ditto	" "	
Aberarth .. ..	4	Diarrhoea	" "	
Bryn Road .. ..	14	Severe Epidemic of Measles & Whooping Cough	" "	
Peterwell Council ..	14	Ditto	" "	
Llanafan .. ..	17	Mumps	Sch. M. Officer	
Llanfair .. ..	15	Measles	" "	
Penlon .. ..	18	Ditto	" "	
Llandyssul Council ..	23	Measles and Whooping Cough	Dist. M. Officer	
Ditto National ..	23	Ditto	" "	
New Quay Council ..	40	Diphtheria	" "	
Bryn Council .. ..	5	Measles	" "	

FOLLOWING UP.—At present there are 4 whole time health visitors and school nurses in the County stationed as follows :—

MISS WILLIAMS residing at Aberystwyth and attending to the rural district of Aberystwyth, north of Llanddeiniol and Llangwryfon, excluding the districts now attended by part time nurses at Glandyfi, Aberystwyth and Llanafan.

The following are the schools visited by the nurse. Comminscoch, Capel Sion, Cwmystwyth, Devil's Bridge, Trisant, Llanilar, Borth C. of E., Borth Cl., Clarach, Elerch, Gors, Rhydypennau, Talybont, Aberffrwd, Goginan, Penllwyn, Penrhyncoch, Ponterwyd, Chancery, Trefeirig, and Ystumtuen. Total number of schools 21.

The following are the numbers of visits paid during the year :—

Visits to schools	...	...	107
Visits to children at home	...	...	159
Visits to infants	...	...	212
Visits to infectious cases	...	...	3

MISS RICHARDS resides at Tregaron and covers the whole of the Tregaron rural district. The following is a list of the schools visited by this nurse. Blaencaron, Bwlchyllan, Gartheli, Llandewi Brefi, Llangeitho, Penuwch, Tregaron Cl., Tregaron N., Bronant, Lledrod, Castell Fflemish, Swyddffynon, Starta Florida, Pontrhydfendigaid, Tanygarreg, Ysbytty Ystwyth. Total number of schools 16.

The following are the numbers of visits paid during the year :—

Visits to schools	...	...	96
Visits to children at home	...	...	133
Visits to infants	...	...	373
Visits to infectious diseases	...	...	16

MISS LLOYD stationed at Llanon, visits the districts between Llanddeiniol and Llangwryfon on the north, and the Aberayron-Lampeter railway on the south.

The following is a list of the schools visited by the nurse. Aberarth, Cross Inn, Cilcennin, Llanon, Pennant, Brynherbert, Cofadail, Llanddeiniol, Llangwryfon, Llanrhystyd. Total number of schools 10.

The following are the number of visits paid during the year :—

Visits to school	...	...	94
Visits to children at home	...	...	125
Visits to infants	...	...	122
Visits to infectious diseases	...	...	59



MISS JONES stationed at New Quay, visits the rural district of Aberayron, south of the Lampeter-Aberayron railway, with the exception of the Aberayron, New Quay, Llanarth and Cross Inn districts. The following is a list of the schools visited by the nurse. Ciliau Park, Felinfach, Dehewid, Gwenlli, Llwyndafydd, Mydroilyn, Penlone, Talgarreg, Cribin, and Trefilan. Total number of schools 9.

The following are the numbers of visits paid by the nurse :—

Visits to Schools	...	...	220
Children at home	...	...	50
Infants	...	...	97
Infectious diseases	...	...	14

During the year seven new nursing associations have been formed. Grants are paid to the nursing associations for the work of their nurses in health visiting and school nursing.

Thirty-five pounds is given to associations with one nurse and £50 to associations with more than one nurse.

ABERYSTWYTH severed their connection with the County Council owing to the fact that the nurse had no time to do the work properly. They have forfeited the grant of £50.

LLANDYSSUL has been without a nurse for a few months.

The nursing sub-committee have made a list of places where nursing associations should be formed. An additional 12 nursing associations should be formed, in order to cover the whole County.

The town of Aberystwyth has sufficient school children, and infants for a whole time school nurse and health visitor. The S.M.O. has suggested the appointment to the Education Committee.

The work done by the part time school nurses is satisfactory, but more unity of control is necessary to make the scheme a success. At present the nurse serves, the local nursing association, the South Wales nursing association, and the County Council.

Reports on work done by the nurses are sent in weekly and quarterly.

The following is a report on the health visiting and school nursing done by the part time health visitors during the year.

Association and date of commencement and number of Nurses.	Schools to be visited.	No. of visits to Schools.	Visits to Children at home.	Area for Health Visiting.	No. of visits to Infants.	Visits to Infectious Diseases.
Aberystwyth. 1st Oct., 1919 3 Nurses	Aberystwyth (C. & N.), Penparke, Ciarach, Llanbadarn, Rhydypennau, Penrhyncoch, Penllwyn, Chancery, Gors, Capel Sion, Llanilar, and Commingscoch.	14	73	Aberystwyth, along coast to Wallog—Llandre, Penycwm, Penrhyncoch, Capel Bangor, Capel Sion, New Cross, Llanilar, Chancery to Morfa Bychan, and up the coast to Aberystwyth.	206	3
Glandyfi. 6th Feb., 1920 1 Nurse	Eglwysfach and Llancynfelin.	43	41	Parishes of Ysguborycoed and Llancynfelin.	70	0
Crosswood. 1st Aug., 1920 1 Nurse	Llanafan and Llanfihangel-y-Creuddyn.	25	41		59	12
Cardigan. 20th Oct., 1919 2 Nurses	Cardigan (C.), Cardigan (N.), Verwick, Penparke, St. Dogmael's, Llangoedmore.	59	186	St. Dogmael's to Cardigan Island, along the coast to Traeth-y-Mount, Craig-y-Mount, Smithy, Tremain, Llwyn-Grawys, Llangoedmore, and the whole of Cardigan Town,	275	10
Llechryd. 26th Jan., 1920 1 Nurse	Llechryd and Llandygwydd.	14	19	Pontystrad up Hirwen brook to Alltycadno, then by road to Noyadd Trefawr, Penmaen, Farm Park, Trewinson Factory and Farm, Kilbronnau Lodge, Llangoedmore Rectory, Croes-y-llan, Coedmore Farm, then to River Teify, which is the southern boundary from Coedmore to Pontystrad.	213	1
Aberporth. 1st Sept., 1920 1 Nurse	Aberporth (C.), Aberporth (N.), Blaenporth (C.)	5	10	Parishes of Aberporth, Blaenporth, and part of Tremain.	0	0
Lampeter. 1st Oct., 1919 2 Nurses	Bryn Road, Peterwell, Cellan, Llanfair, Llanybi, New Court, Llanwnnen, Bettws Bledrws, Llanwenog, Silian, and Trefilan	85	50	As for School Nursing.	224	3

Association and date of commencement and number of Nurses.	Schools to be visited.	No. of visits to Schools.	Visits to Children at home.	Area for Health Visiting.	No. of visits to Infants.	Visits to Infectious Diseases.
Llandyssul. 20th Oct., 1919 1 Nurse	Llandyssul (C.), Llandyssul (N.), Tregroes, Pontshaen, and St. David's.	30	78	Llandyssul, Bangor Horeb, Llanfair, Waun- ifor, Rhydowen, Pontshaen, Tregroes, Crossllan.	133.	0
Newcastle Emlyn 24th Oct., 1919 1 Nurse	Trewen and Adpar.	17	49	Newcastle Emlyn, Llandyfriog, Pengelli, Brongest, Wern, Blaenpant, Pont Hir- waun Smithy, Llandygydd, Cenarth, Cwm Coy, Pontceri.	75	32
Rhydlewis. 20th Oct., 1919 1 Nurse	Rhydlewis, Brongest, Beulah, Glynarthen, and Capel Cynon	60	38	Troedyraur, Crynant, Pengelli, Dolguan, Brongest, Bettws Ivan, Glynarthen, Cas- tell Nadolig, Waunlle, Penlan, Capel Cynon, Penllan, Pantsais.	117	0
Henllan. 20th Oct., 1919 1 Nurse	Aberbank and Bryn.	18	99	Llandyfriog, Llanfair Treflygain, Coed-y- Bryn, Pantsais, Glynhynod, Crossllan, Horeb, Bangor, Henllan.	135	40
Llangranog. 28th Feb., 1920 1 Nurse	Pantgarreg, Llwyndafydd, and Penmorfa.	40	165	Penbryn, Castell Nadolig, Sarnau, Waunlle, and Gwenlli, Caerwedros. Llandyssilio, and Cwm Tydi.	258	9
New Quay. 1st Jan., 1920 1 Nurse	New Quay, Llanarth, and Cross Inn.	36	71	New Quay Urban District.	107	42
Aberayron. 1st Oct., 1920 1 Nurse	Aberayron (C.), Aberayron (N.)	12	32	Aberayron Urban District, Parishes of Henfynyw and Llanerchaeron.	14	0



THE SCHOOL NURSES attend the medical inspection and help the S.M.O. in his examination. The children found defective are visited by the nurses both in the school and at home and advice is given.

In addition to this the nurses visit the schools at intervals and exclude if necessary, and give advice.

### MEDICAL TREATMENT.

TONSILS AND ADENOIDS.—An arrangement has been made between the Education Committee and the Infirmary at Aberystwyth for the treatment of tonsils and adenoids for 10s. a case. The Committee of the Infirmary have informed the Committee that this fee has been increased to 30s. In the past no fee has been paid to the surgeon and anæsthetist. I am of opinion that with this increase a fee will be paid to the surgeon and anæsthetist. This will, of course, stimulate an interest in the doctors concerned.

Notices were sent to 540 cases found with enlarged tonsils and adenoids offering treatment at the Infirmary. Free treatment was given in deserving cases.

- 47 parents applied for treatment.
- 25 parents were willing to pay.
- 2 parents were willing to pay half.
- 20 parents were granted free treatment.

Out of 467 cases found with enlarged tonsils and adenoids in 1919 and recommended for treatment, 60 had been treated and 407 untreated at the time of the re-examination in 1920.

VISION.—Arrangements have been made by the Education Committee for the refraction of eyes. Dr. Phillips attends from London at a fee of £50 per annum. This is an unsatisfactory arrangement as Dr. Phillips cannot attend when called upon for urgent cases.

It would be advisable, until an assistant medical officer is appointed, to make arrangements for a doctor resident near the county to do refractions.

300 children were referred to the Ophthalmic Surgeon for treatment. Of these 152 were ordered to obtain glasses, 34 received free treatment, and 17 at a reduced rate. 153 applied for refraction under the Education Committee scheme.

Out of 198 children found defective in 1919 and re-examined in 1920, 107 had been treated and 91 had not been treated.

**DENTAL DEFECTS** — Out of 1,440 children found defective in 1919 and re-examined in 1920, 41 had sought treatment and 1,399 had not taken any notice of the advice given.

A school dentist in the county is absolutely necessary if the health of the children is to be improved.

The effects of carious teeth have been described to the Committee in a previous report. The number of qualified dentists in the county is very limited. From the figures given above it will be seen that parents are reluctant to take advice. Unless this advice is taken no good results can be obtained from medical inspection. A school dentist visiting the schools would impress upon the parents the necessity for the treatment of carious teeth. In my report of 1919 I have submitted a scheme for the appointment of a school dentist. Up to date no action has been taken in the matter.

No action has been taken with regard to inclusion of cleaning of teeth in school by the Committee. Borth Council School has, however, started at my suggestion, and the improvement is marked.

**MINOR AILMENTS.**—No action has been taken. I suggested the provision of school clinics in the report for 1919.

**TUBERCULOSIS, SKIN DISEASE, EXTERNAL EYE DISEASE, EAR DISEASE.**—No action has been taken. A scheme was submitted in my report for 1919.

**ORTHO PÆDICS.**—Arrangements were made by this office for the treatment of some crippling defects with hospitals at Shrewsbury and Birmingham. The parents were, however, unwilling to allow their children to undergo treatment.

## OPEN AIR EDUCATION.

**PLAYGROUND CLASSES.**—In summer every effort is made by the teachers to hold the classes in the open air. In some schools open sheds are provided and when there is no provision, large trees are grown under which the children can be taught. I would suggest that more open sheds be provided throughout the county.

**SCHOOL CAMPS.**—A scheme was suggested in the report for 1919, but no action has been taken. If this scheme is not adopted I suggest that the Education Committee purchase bell tents and marquees, for school camps. The camps could be held in May, June and July. Only children over 10 would be taken. The time for each section of children in camp should be at least 1 month, so that 3 sections of children could be taken during the year.

There are about 3,800 children over 10 in school. So that 1266 would attend each month. A bell tent would hold at least 7 children. Bell tents cost about 35s. each. It would be necessary to purchase 180 bell tents and 6—10 marquees. The education would be confined to open air pursuits, *e.g.* botany, geography, etc.

**OPEN AIR CLASS ROOMS.**—No class rooms of this type exist in the county. I have suggested that the outer wall of Penlone school, which is collapsing, could be removed and an open air room provided.

**DAY OPEN AIR SCHOOLS.**—These would not be practicable in this county, as there are insufficient defective children to attend in each locality.

**RESIDENTIAL SCHOOL.**—A school of this type should be provided, if not for this county alone, at least in conjunction with other counties.

An opportunity is offered for the provision of a school of this type in Borth. The old hotel is vacant and would make an admirable open air school.

**PHYSICAL TRAINING.**—An organiser of physical training has been appointed by the Committee and the University College of Wales. During the three months which the organiser has been in the county he has visited the majority of the schools in the north. The following are extracts from his monthly reports. He has had preliminary talks with teachers and some teachers have given a demonstration. Other teachers have excused themselves, as practically no physical training has been done. Demonstrations are given by the organiser when the teachers are present. The ventilation in some schools is poor and the children are overclothed. Both the teachers and children show astonishment when the children are asked to take off their outer clothing. No apparatus is provided and he suggests certain essential apparatus be obtained. He suggests that slippers be worn by the children, and that one room be cleared of furniture for indoor exercises.

He explains the necessity for teachers' classes, as some of the exercises have been taught wrongly.

More team work should be done in schools. This will improve the attendance and make the children fond of their school.

A meeting was held at Aberystwyth in order to re-open the Public Baths. The meeting was well attended, but owing to the need for heating apparatus nothing can be done at present.



Classes for teachers were held in Aberystwyth when 79 teachers attended.

Demonstrations were given in the following districts :—

Aberayron	...	...	...	7
Aberystwyth	...	...	...	50
Lampeter	...	...	...	8
Tregaron	...	...	...	11

The organiser hopes to start classes for teachers in the Tregaron district early in the new year.

PROVISION OF MEALS.—Arrangements under the Provision of Meals Act were described in the 1919 report. No action has, however, been taken in the provision of meals.

SCHOOL BATHS.—There are no school baths in the county. Arrangements should be made for the provision of baths in every school. The facilities in some country districts for baths are very poor. Already some action has been taken in Aberystwyth for using the Public Baths. Owing to the heating apparatus being useless nothing can be done at present.

CO-OPERATION OF PARENTS.—All parents are invited to attend the school during the medical inspection. 340 availed themselves of the opportunity of seeing their children inspected. Advice is given to the parents, also notice of defects and advice on cards sent to the parents. The school nurses afterwards follow up the children at home.

#### CO-OPERATION OF TEACHERS.

MEDICAL INSPECTION.—Teachers are asked to fill in certain items on the inspection cards, also to fill in the forms with regard to number of children for inspection. The teachers provide water and towels and prepare the room. The height and weight of the scholars is recorded by the teachers.

FOLLOWING UP AND TREATMENT.—The teachers are of great assistance in reporting the progress of treatment to this office and also in advising the parents to adopt the treatment advised.

CO-OPERATION OF SCHOOL ATTENDANCE OFFICERS.—The attendance officers are provided with forms on which they report the cases absent for medical reasons to this office. The average excuse for non-attendance at school is a medical one. As attendance officers have to cover the ground approximately of the school nurse there

appears to me to be an overlapping. I would suggest that as a vacancy occurs in the attendance staff, a nurse be substituted to the work.

**CO-OPERATION OF VOLUNTARY BODIES.**—No voluntary body has been of any assistance to the school medical service up to the present. A Children's Care Committee has been formed in Aberystwyth, but has done no active work up to the present. I would suggest that these committees be formed in every village. When formed some of the Committee could attend at the medical inspection and afterwards follow up the cases at home.

**BLIND, DEAF, DEFECTIVE, AND EPILEPTIC CHILDREN.**—The children are brought forward at the medical inspection either by the teacher or parents. The S.M.O. then examines during the time he is in school.

There is one child at a blind school in Swansea. One child was sent to a special school for mental defectives, but was not suitable. She was reported to the Local Control Authority who have sent her to an institution. I would suggest that school for mental defectives be provided in connection with Pantglas, a house recently purchased by the joint counties as an institution for mentally defectives.

The difficulty in providing schools for mentally defectives in the county has prevented the children from being sent to special schools.

**NURSERY SCHOOLS.**—No nursery schools exist in the county. I have made suggestions in my report of 1919 for the provision of some nursery schools.

**SECONDARY SCHOOLS.**—No work has been done by the School Medical Department with regard to secondary schools as the medical staff consisting of one is insufficient to do the elementary schools as efficiently as the School Medical Officer desires.

**CONTINUATION SCHOOLS.**—No continuation schools have been started in the county.

**EMPLOYMENT OF CHILDREN AND YOUNG CHILDREN.**—No work has been done under this section. A scheme has been submitted to the Committee but no action has been taken up to the present.

**MISCELLANEOUS.**—No scholarship candidates or teachers have submitted themselves for examination.

SPECIAL ENQUIRIES.—A visit was made to Castellissa, Llangeitho, with regard to the attendance of two children who had congenital absence of both radii.

Visits were made to schools *re* attendances and epidemics, and advice given.

Visits were made to New Quay School *re* offices and diphtheria.

Visits were made to schools *re* special case of mental deficiency

Visits were made to homes with Inspector of Cruelty to Children and to schools *re* neglected children.

Visits to houses of children with various illnesses.

The following are the statistics required by the Board of Education :—



The following Tables give the number of children examined at each age.

TABLE I.

Age	3—4	4—5	5—6	6—7	7—8	8—9	9—10	10—11	11—12	12—13	13—14	Over
Boys ..	..	4	175	103	43	292	17	12	20	285	42	9
Girls ..	1	5	156	88	47	307	26	11	14	311	45	3

				Total.
Boys ..	..	..	..	1002
Girls ..	..	..	..	1014
Grand Total				2016

TABLE II.—Special Inspections.

			Special Cases.	Re-examinations.
Boys	..	..	83	1689
Girls	..	..	82	
Total	..	..	165	1689

TABLE III.—Number of individual children inspected  
**3870.**

The following are the returns of defects in the course of Routine Medical Inspection :—

TABLE IV.

Diseases.		Group 1.		Group 2.		Group 3.		Special Cases		Total	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Number Inspected ..	..	289	261	373	369	340	384	83	82	1035	1096
CLOTHING.											
Satisfactory ..	..	286	261	373	366	340	380	83	82	1082	1089
Unsatisfactory ..	..	3	0	0	3	0	4	0	0	3	7

Diseases.	Group 1.		Group 2.		Group 3.		Special Cases		Total	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
FOOTGEAR.										
Satisfactory ..	288	261	373	366	340	380	83	82	1084	1089
Unsatisfactory ..	1	0	0	3	0	4	0	0	1	7
CONDITION OF HEAD.										
Clean ..	288	239	369	319	338	329	81	40	1076	927
Nits only ..	0	18	2	44	1	50	2	35	5	147
Pediculli present..	1	4	2	6	1	5	0	7	4	22
CONDITION OF BODY.										
Clean.. ..	284	254	365	356	336	370	83	77	1068	1057
Dirty ..	5	7	8	13	4	14	0	5	17	39
NUTRITION.										
Normal ..	267	246	291	311	262	304	76	79	896	940
Below Normal and Bad	22	15	82	58	78	80	7	3	189	156
NOSE AND THROAT.										
Tonsils slightly enlarged	60	50	63	77	54	56	2	3	179	186
Tonsils much enlarged	43	49	62	72	53	85	8	8	166	214
Adenoids slight ..	58	41	62	76	60	53	2	3	182	173
Adenoids marked	46	50	66	67	57	91	10	11	179	219
Palpable Glands..	77	70	111	136	75	101	1	2	264	309
EXTERNAL EYE DISEASE.										
No disease ..	285	256	368	364	338	376	79	79	1070	1075
Blepharitis ..	2	0	2	4	1	4	0	0	5	8
Conjunctivitis ..	1	2	0	0	0	0	0	0	1	2
Corneal opacities	0	0	0	1	1	1	1	2	2	4
Other disease ..	1	3	3	0	0	3	3	1	7	7
EAR DISEASE AND HEARING.										
No defect ..	289	258	371	364	334	380	73	72	1067	1074
Obstruction R. ..	0	2	0	2	3	1	4	4	7	9
Obstruction L.	0	1	1	2	3	1	4	4	8	8
Otorrhoea ..	0	0	1	1	0	2	2	2	3	5
TEETH.										
Sound ..	44	53	34	26	23	41	69	60	170	180
Less than 4 decayed	62	55	52	48	107	121	3	4	224	228
Four or more decayed	183	153	287	295	210	222	11	18	691	688
HEART AND CIRCULATION.										
No disease ..	281	257	351	354	325	359	75	78	1032	1048
Organic disease ..	0	1	1	2	1	0	0	1	2	4
Anaemia ..	4	2	14	11	8	12	4	2	30	27
Other disease ..	4	1	7	2	6	13	4	1	21	17
LUNGS.										
No disease ..	259	233	326	338	308	342	75	67	968	979
Chronic bronchitis	16	17	1	4	1	0	1	3	19	24
Tuberculosis ..	1	0	2	0	2	0	2	1	7	1
Tuberculosis suspected	13	11	44	27	29	42	5	11	91	92

Disease.	Group 1.		Group 2.		Group 3.		Special Cases		Total	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
<b>NERVOUS DISEASE.</b>										
No defect .. ..	285	260	373	368	337	382	81	79	1076	1089
Epilepsy .. ..	2	0	0	0	1	0	0	4	3	4
Chorea .. ..	1	0	0	0	0	1	0	0	1	1
Other disease .. ..	1	1	0	1	2	1	0	2	3	5
<b>SKIN.</b>										
No disease .. ..	285	255	361	362	329	377	80	80	1055	1074
Ringworm body .. ..	0	0	1	0	2	0	0	0	3	0
Ringworm head .. ..	0	0	0	0	0	0	0	0	0	0
Impetigo .. ..	0	2	2	2	3	2	1	0	6	6
Other disease .. ..	4	4	9	5	6	5	2	2	21	16
<b>RICKETS.</b>										
No deformity .. ..	264	249	333	344	298	370	81	81	976	1044
Deformity slight and marked	25	12	40	25	42	14	2	1	109	52
<b>DEFORMITIES.</b>										
No deformity .. ..	281	260	362	369	326	381	80	80	1049	1090
Deformity present .. ..	8	1	11	0	14	3	3	2	36	6
<b>TUBERCULOSIS, N'N-PULMONARY</b>										
No disease .. ..	287	259	371	368	339	384	81	81	1078	1092
Glandular, bones, and joints	2	2	2	1	1	0	2	1	7	4
Other forms .. ..	0	0	0	0	0	0	0	0	0	0
<b>SPEECH.</b>										
No defect .. ..	288	259	372	367	336	381	82	79	1078	1086
Defective Articulations .. ..	1	2	1	2	4	3	1	3	7	10
<b>MENTAL CONDITION.</b>										
Normal .. ..	286	254	338	43	299	361	80	82	1003	1040
Dull and backward .. ..	2	7	35	25	40	20	1	0	78	52
Mentally defective, all grades	1	0	0	1	1	3	2	0	4	4
<b>VISION.</b>										
6/6 each eye (normal at vision)	269	248	306	284	274	271	61	42	910	845
6/9 Rt. .. ..	5	3	15	12	9	20	1	0	30	35
Lt. .. ..	5	3	15	14	9	17	1	0	30	34
6/12 Rt. .. ..	2	2	0	8	3	2	1	2	6	14
Lt. .. ..	1	1	3	7	1	7	1	1	6	16
6/18 Rt. .. ..	0	2	7	9	10	11	2	1	19	23
Lt. .. ..	2	1	2	11	9	14	0	3	13	29
6/24 Rt. .. ..	1	0	5	6	5	7	2	5	13	18
Lt. .. ..	0	1	7	8	6	15	5	4	18	28
6/36 Rt. .. ..	0	0	4	3	3	9	4	10	11	22
Lt. .. ..	2	0	4	2	3	7	4	10	13	19
Squint .. ..	2	0	5	5	8	4	1	4	16	13



TABLE V.—Exceptional in the County.

			Boys	Girls	Total			
Blind. (Including Partially Blind) with- in the meaning of the Elemen- tary Education (Blind and Deaf Children) Act, 1893			Attending Public Elementary Schools .. ..	1	2	3		
			Attending Certified Schools for the Blind .. ..	1	0	1		
			Not at School .. ..	..	..	..		
Deaf and Dumb. (Including Partially Deaf) with- in the meaning of the Elemen- tary Education (Blind and Deaf Children) Act, 1893			Attending Public Elementary Schools .. ..	..	..	..		
			Attending Certified Schools for the Deaf .. ..	..	..	..		
			Not at School .. ..	..	..	..		
Mentally Deficient	Feeble Minded	Attending Public Elementary Schools .. ..	7	9	16			
		Attending Certified Schools for Mentally Defective Children ..	..	..	..			
		Notified to the Local Control Authority by Local Education Authority during the year ..	3	1	4			
		Not at School .. ..	..	..	..			
	Imbeciles	At School .. ..	2	1	3			
		Not at School .. ..	..	..	..			
	Idiots	.. ..	..	..	..			
		Epileptics			Attending Public Elementary Schools .. ..	3	4	7
					Attending Certified Schools for Epileptics .. ..	..	..	..
			In Institutions other than Cer- tified Schools .. ..	..	..	..		
			Not at School .. ..	..	..	..		
Physically Defective	Suspected Pul- monary Tuber- culosis	Attending Public Elementary Schools .. ..	98	93	191			
		Attending Certified Schools for Physically Defective Children ..	..	..	..			
		In Institutions other than Cer- tified Schools .. ..	..	..	..			
		Not at School .. ..	..	..	..			
			.. ..	..	..	..		

			Boys	Girls	Total	
Physically Defective	Crippling due to Tuberculosis	Attending Public Elementary Schools .. ..	..	..	6	
		Attending Certified Schools for Physically Defective Children	..	..	..	
		In Institutions other than Cer- tified Schools .. ..	..	..	..	
		Not at School .. ..	..	..	..	
	Crippling due to causes other than T.B., <i>i.e.</i> , Paralysis, Rickets, Rheumatism.	Attending Public Elementary Schools .. ..	..	..	20	
		Attending Certified Schools for Physically Defective Children	..	..	..	
		In Institutions other than Cer- tified Schools .. ..	..	..	..	
		Not at School .. ..	..	..	..	
		<hr/>				
		Dull and Backward .. .. .	78	52	130	

TABLE VI.—Treatment of minor ailments.

Disease or Defect.				Treated.		
				Referred for Treatment	Under Local Education Authority's Scheme.	Otherwise Total
Skin—						
Ringworm head	..	..	..	..	..	..
Ringworm body	..	..	3	..	3	3
Impetigo	..	..	12	..	12	12
Minor injuries	..	}	37	..	?	37
Other skin disease	..					
Scabies ..	..					
Ear disease	..	..	40	..	?	40
Eye disease	..	..	36	..	?	36

TABLE VII.—Treatment of Visual Defects.

Referred for Refraction	...	...	...	Number of Children. 300
Submitted to Refraction—				
Under Local Education Authority's Scheme	153			
By Private Practitioners or Hospital	0			
Otherwise	...	...	...	0
Total	...	...	...	153
For whom Glasses were prescribed	...	...	...	152
For whom Glasses were provided—				
Received free treatment	...	...	...	34
Reduced rate	...	...	...	17
Total	...	...	...	51
Recommended for treatment other than by glasses	...	...	...	0
Received other forms of treatment	...	...	...	0
For whom no treatment was considered necessary	...	...	...	1

TABLE VIII.—Treatment of Defects of Nose and Throat.

Applied for Treatment	Received Operative Treatment.			Other Treatment.
	Under Local Education Authority	Private Practitioner.	Total.	
47	32	?	32	?

TABLE IX.—Treatment of Dental Defects.

Nothing was done.

TABLE X.

Disease or Defect.	Referred for Treatment.	Treated.	
		Under Local Education Authority.	Otherwise.
Visual Defects	300	153	?
Defects of Nose & Throat	540	32	?



TABLE XI.—Summary of Routine Inspections.

1.	Total number of routine cases inspected ...	...	2181
2.	Number of children in (1) suffering from—		
	Malnutrition ...	...	345
	Skin disease ...	...	52
	Defective vision ...	...	329
	Eye disease ...	...	36
	Defective hearing ...	...	32
	Ear disease ...	...	8
	Nose and throat disease ...	...	540
	Enlarged cervical glands ...	...	573
	Defective speech ...	...	17
	Dental disease ...	...	1831
	Heart disease ...	...	6
	Anaemia ...	...	57
	Lung disease ...	...	43
	Tuberculosis—Pulmonary, Definite ...	...	8
	„ „ Suspected ...	...	162
	„ Non-Pulmonary ...	...	11
	Nervous disease ...	...	17
	Deformities ...	...	203

TABLE XII.—Common defects found in the different Districts of  
of the County.

Disease.	Aberystwyth	Aberayron	Tregaron	Newcastle	Cardigan	Lampeter
Dirty Head .. ..	61	8	71	12	11	15
Dirty Body .. ..	30	5	10	2	7	2
Bad Nutrition .. ..	99	31	53	62	69	32
Enlarged Tonsils .. ..	278	128	87	96	75	79
Adenoids .. ..	281	132	91	100	79	80
Glands .. ..	253	90	81	38	64	61
Decayed Teeth .. ..	711	282	226	234	194	184
Suspected Pulmonary Tuberculosis ..	53	28	33	37	21	19

TABLE XIII.—Results of the re-examinations in various Districts of the County.

Disease.	Aber- ystwyth		Aber- ayron		Tre- garon		New- castle		Cardigan		Lam- peter	
	Number Examined	Number Treated	Number Examined	Number Treated	Number Examined	Number Treated	Number Examined	Number Treated	Number Examined	Number Treated	Number Examined	Number Treated
Enlarged Tonsils and Adenoids ..	117	13	84	4	81	19	87	13	43	7	55	4
Defective Eyesight ..	85	47	29	15	16	12	28	11	10	4	30	18
Defective Teeth ..	406	9	266	8	191	5	258	7	164	1	155	1

TABLE XIV.—Number of re-examinations in each District.

Districts.			Re-examined,	
Aberystwyth	...	...	...	511
Aberayron	...	...	...	292
Tregaron	...	...	...	223
Newcastle Emlyn	...	...	...	288
Cardigan	...	...	...	193
Lampeter	...	...	...	182